

Living Lean
Acts 27:36-38
Healthy Living Week 2

What if the _____ you have is _____ you from the life
you _____?

*“Then they were all encouraged, and also took food themselves. And in all we were two hundred and seventy-six persons on the ship. ³⁸So when they had eaten **enough**, they lightened the ship and threw out the wheat into the sea.” - Acts 27:36, 38 NKJV*

“... let us strip off every weight that slows us down ... ²We do this by keeping our eyes on Jesus ...” - Hebrews 12:1-2 NLT

God, give me _____ of what does _____.

“Better one handful with tranquility than two handfuls with toil and chasing after the wind.” - Ecclesiastes 4:6 NIV

The most _____ things in life are not _____.

Because I have _____, I have _____.

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do all this through Him [Christ] who gives me strength.” - Philippians 4:12-13 NIV

Diggin Deeper & Life Application:

- Read **Matthew 6:19-21**. What stands out to you in these verses? What does it look like to “store your treasures in heaven”?
- Is there anything in your life that you need to get rid of in order to more fully focus on Jesus? What steps can you take this week to let go of things that don’t matter?